

## ABSTRACT OF THE DISCLOSURE

A dental composite material includes a hardenable resin matrix and a filler component. The filler component includes (a) a first plurality of preferably glass particles having an average particle size of from about 1 to about 10 micrometers; (b) a second plurality of preferably glass particles having an average particle size of from about 0.1 to about 1 micrometers; and, (c) a plurality of filler particles having an average particle size of from about 0.01 to about 0.04 micrometers. A method according to the invention includes compacting a dental composite material into a prepared tooth cavity, wherein the material has a packability index above about 300 g/mm<sup>2</sup>.

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